

# Annapolis Senior Center

1027 Bay Ridge Avenue  
Annapolis, MD 21403  
(Eastport Shopping Center)

Phone: 410-222-1818 Fax: 410-222-1216  
Monday—Friday 8:00 a.m. to 4:30 p.m.

ANNE ARUNDEL COUNTY DEPARTMENT OF AGING

November 2003



From The Director, Ed Casey

## HOLIDAY INFORMATION.....

Please note that we have made some changes to our **Holiday Bazaar**. The Bazaar will be held on one day only—Friday, December 5th, 9:00—2:30. It will not take place on Saturday, December 6th as originally planned.

Our **Holiday Luncheon** is scheduled for Friday, December 12th. Tickets are now on sale. See Page 5 for details!

## HOLIDAY SHARING

We will be accepting non-perishable goods for needy families. A box/bin will be placed in the foyer for donations. Be on the lookout, also, for the return of the “Angel Tree” program.

**OTIS BIDS “ADIEU”:** After the holidays we will no longer be selling the Otis Spunkmeyer Cookies. Watch for real good deals as we exhaust our current supply of dough.

## REGISTRATION FOR WINTER CLASSES

Registration will commence on **Monday, December 1st**. Information on what classes will be offered will be available by November 10th.

**PLEASE NOTE:** Classes start the week of **January 5th** and run through **March 22**.

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Web Site: <a href="http://www.aa-aging.org">www.aa-aging.org</a>					

## Daily Schedule-November 2003

### Monday, November 3

8:30 Aerobics  
**9:45 Ceramics Class Trip**  
 10:00 Ceramics  
 10:00 Musical Memories: The Big Bands  
 12:00 Lunch  
 12:30 Ceramics  
 1:30 Opera Appreciation

### Tuesday, November 4

8:30 Aerobics....UM  
 8:45 Flex & Stretch w/Wts.  
 9:00 Woodcarving  
 9:15 Weight Training....UM  
 10:00 Word Processing - Advanced.....SC  
 10:00 Needlecrafts  
 12:00 Lunch  
 12:30 Applique  
 1:00 Adaptive P. E. w/Rita  
 1:00 Knitting  
 2:30 History: American Military Wars

### Wednesday, November 5

8:30 Aerobics  
 9:30-12:00 Blood Pressure & Glucose Monitoring  
 10:00 Keep Your Mind Alert  
 12:00 Lunch  
 12:30 Crafts  
 12:45 Open Bridge  
 1:00 Adaptive P.E. w/Debby  
 1:00 Intermediate Spanish

#### Legend

UM - Eastport United Methodist Church  
 SC—Stanton Center

### Thursday, November 6

8:30 Aerobics....UM  
 8:45 Flex & Stretch w/Wts.  
 9:15 Weight Training....UM  
 9:30 Painting & Drawing  
 10:15 Bingo  
 10:45 Pilates & Strength Tr. ....UM

12:00 Lunch  
**12:30 Holiday Bazaar Workshop**  
**See details on Page 4!**

1:00 Duplicate Bridge  
 2:30 Yoga.....UM  
 3:00 'Touchstones'

### Friday, November 7

8:30 Aerobics  
 9:30 Effective Colored Pencil Technique

**10:00 Walking Club- Annapolis Mall**  
**Sign Up Required.**



12:00 Lunch  
 12:30 Digital Photography  
 1:00 Art: Watercolor

### Monday, November 10

8:30 Aerobics  
 10:00 Ceramics  
 10:00 Musical Memories: The Big Bands

**10:00 SHOPPING : 'KMart'**  
**Lunch at Shopping Center.**  
**SIGN UP REQUIRED BY 11/3.**

12:00 Lunch  
 12:30 Ceramics  
 1:30 Opera Appreciation

**A BIG THANK YOU to Helen Timeus for the 'Painted Pumpkins' which decorated our Center during the month of October. The amazing painting was done by Helen and we appreciate all her time and effort.**

### Tuesday, November 11

**CENTER CLOSED**

**VETERANS DAY**



### Wednesday, November 12

8:30 Aerobics  
 10:00 Keep Your Mind Alert  
**10:00 'World From A Cruise Ship'..... Details on Page 4!**  
 12:00 Lunch  
 12:30 Crafts  
 12:45 Open Bridge  
 1:00 Adaptive P.E. w/Debby  
 1:00 Intermediate Spanish

### Thursday, November 13

8:30 Aerobics....UM  
 8:45 Flex & Stretch w/Wts  
 9:15 Weight Training....UM  
 9:30 Painting & Drawing  
 10:15 Bingo  
 10:45 Pilates/Strength Tr....UM  
 12:00 Lunch  
**1:00 Pascal Go Getters**  
**See Page 4 for details!**  
 2:30 Yoga.....UM  
 3:00 'Touchstones'

**No Duplicate Bridge today!**

### ***Do You Have Your New Membership Card?***

*We are in the process of renewing memberships. If you have not renewed, please do so as soon as possible. Membership is **free**, but it is **required**.*

## **Daily Schedule - November 2003**

### **Friday, November 14**

8:30 Aerobics  
 9:00 Effective Color Pencil  
 Technique  
 10:00 Keep Your Mind Alert  
 12:00 Lunch  
**12:30 Birthday Celebration**  
 12:30 Digital Photography  
 1:00 Art: Watercolor

### **Monday, November 17**

8:30 Aerobics  
 10:00 Ceramics  
 10:00 Musical Memories: The  
 Big Bands  
 12:00 Lunch  
 12:30 Ceramics

**No Opera Appreciation today!**

### **Tuesday, November 18**

8:30 Aerobics....UM  
 8:45 Flex & Stretch w/Wts  
 9:00 Woodcarving  
 9:15 Weight Training....UM  
 10:00 Basic Computers....SC  
 10:00 Needlecrafts  
**11:30 DINING OUT:**  
**Chris's Charcoal Pit**  
**SIGN UP REQ'D BY 11/11.**  
 12:00 Lunch  
 12:30 Applique  
 1:00 Adaptive P. E. w/Rita  
 1:00 Knitting  
 2:30 History: American  
 Military Wars

### **Wednesday, November 19**

8:30 Aerobics  
 9:30-12:00 Blood Pressure  
 & Glucose Monitoring  
 10:00 Keep Your Mind Alert  
 12:30 Crafts  
**12:45 Domestic Violence:**  
**What You Should Know**  
**See Page 4 for details!**  
 12:45 Open Bridge  
 1:00 Adaptive P.E. w/Debby  
 1:00 Intermediate Spanish

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### **Thursday, November 20**

8:30 Aerobics....UM  
 8:45 Flex & Stretch w/Wts  
 9:15 Weight Training....UM  
 9:30 Painting & Drawing  
 10:45 Pilates/Strength Tr...UM  
 12:00 Lunch  
**12:30 Holiday Bazaar**  
**Workshop...Details on Page 4!**  
 1:00 Duplicate Bridge  
 2:30 Yoga.....UM  
 3:00 'Touchstones'

### **Friday, November 21**

8:30 Aerobics  
 9:30 Effective Colored Pencil  
 Technique  
**10:00 Walking Club**  
**Annapolis Mall.**  
**Lunch at the Mall.**  
**SIGN UP BY 11/14.**  
 12:00 Lunch  
 12:30 Digital Photography  
 1:00 Art: Watercolor



### **Monday, November 24**

8:30 Aerobics  
 10:00 Ceramics  
 10:00 Musical Memories: The  
 Big Bands  
 12:00 Lunch  
 12:30 Ceramics  
 1:30 Opera Appreciation

### **CRIBBAGE ANYONE ??**

**If you would like to start  
 a Cribbage Group please  
 let the  
 Center  
 staff  
 know.**



### **Tuesday, November 25**

8:30 Aerobics....UM  
 8:45 Flex & Stretch w/Wts  
 9:00 Woodcarving  
 9:15 Weight Training....UM  
 10:00 Basic Computers....SC  
 10:00 Needlecrafts  
 12:00 Lunch  
 12:30 Applique  
 1:00 Adaptive P. E. w/Rita  
 1:00 Knitting  
 2:30 History: American  
 Military Wars

### **Wednesday, November 26**

8:30 Aerobics  
 10:00 Keep Your Mind Alert  
 12:00 Lunch  
 12:30 Crafts  
 12:45 Open Bridge  
 1:00 Adaptive P.E. w/Debby  
 1:00 Intermediate Spanish

### **Thursday, November 27**

**CENTER  
 CLOSED**



**HAPPY  
 THANKSGIVING!**

### **Friday, November 28**

**CENTER CLOSED**

**Thanksgiving Holiday**



## Program Highlights—November 2003

Thursday  
Nov. 6 & 20  
12:30 pm

### HOLIDAY BAZAAR WORKSHOP



Join us for our last two workshops before our Holiday Bazaar on December 5th. We are in need of people to assist in finishing projects! Come and help and have some fun at the same time. Marie Lloyd and Evelyn Bacon are the instructors.

Wednesday  
November 12  
10:00—12:00

### THE WORLD FROM A CRUISE SHIP.....with Mr. Bill Brunk

Our cruise continues, this time heading for the South Pacific. Bill Brunk, a member at our Center, and a world traveler, will give a slide show presentation. Come and travel with us! **Please call the Center at 410/222-1818 if you plan on attending.**

Thursday  
November 13  
1:00 p.m.

### “PASCAL GO GETTERS’ FALL SHOW

The Pascal Go Getters return for another dazzling extravaganza! **The show is free and open to the public, but registration is necessary.** Please sign up by stopping at the Center or calling 410/222-1818. **Please bring a non perishable food item to contribute to our Holiday Sharing with a needy family.**

Tuesday  
November 18  
9:00-11:45 am

### MINI MASSAGE

Mary Ann Roesler, Certified Massage Therapist, offers you relaxation with a “Mini” Massage. You will have a choice of a head, neck, back or hand massage. **Senior Center membership is required. By appointment only.** Please sign up at the Reception desk.

Wednesday  
November 19  
12:45 p.m.

### DOMESTIC VIOLENCE: WHAT YOU SHOULD KNOW

Lynn Freshour, Coordinator of Intervention Services of the Anne Arundel County Sexual Assault Crisis Center, will be our guest. Lynn will present information on this very important subject and how you can help. Knowledge is power! What you learn on this date may help someone in the future. Light refreshments will be served. **Please call the Center at 410/222-1818 if you plan on attending.**



## FLEA MARKET.....

Very special “thank you” to all who volunteered for the Flea Market. A great deal of work goes into an event such as this. Several people gave very generously of their time before, during and after the Flea Market. Your efforts are greatly appreciated!



# Holiday Bazaar

Friday, December 5<sup>th</sup> 9:00 – 2:30



Baked Goods

Holiday Decorations



Afghan's

Food

Knick Knacks

*Join us at the Annapolis Center to do  
your holiday shopping and have some fun!!*



Friday, December 12, 2003 11:00 a.m. to 3:00 p.m.

We will celebrate the holiday season at the Sheraton Barcelo . The main entrées will be Chicken Piccata and Grilled Salmon. Entertainment will be provided by Frank and Trish Curreri!



Cost: \$20.00 (Senior Center Membership required)

Tickets now on sale! Deadline for tickets is December 5th.

Menu selection must be made with purchase of ticket.



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## Ongoing Services

**Blood Pressure/Glucose Monitoring** – is offered on the **first and third Wednesday** of each month; no appointment is necessary. Donations are accepted. **Senior Center membership is required.**

**Information & Assistance** - Paul Haughton, Information & Assistance specialist with the Department of Aging, is now available on the **4<sup>th</sup> Friday** of the month, **by appointment**, to assist seniors in defining needs, and locating and filing for appropriate services and programs. **See Ed or Jo to schedule an appointment.**

**SHIP (Senior Health Insurance Program)** - Trained volunteers are available to assist you with problems and/or concerns regarding your medical insurance, on the **2nd & 4th Thursday of the month, by appointment.**

**Dining Out/Shopping Trips** – We offer both trips once a month to an area shopping center and restaurant. See the daily schedule for details. Commitment fee applies. We are always open to suggestions.

**Walking Club** - Get exercise while having fun! Two Fridays a month our Walking Club walks at a local mall or park. For more information please call the Center.

**Mini Massage** - Mary Ann Roesler, Certified Massage Therapist, gives mini massages at the Center every other month, **by appointment**. The next 'Mini Massage' is this month. Please check the daily schedule and program highlights in the newsletter for the specific date and time.

**Cards and Games are played daily at the Center. Come and join us!**

### **NOVEMBER Birthdays: HAPPY BIRTHDAY TO THOSE LISTED BELOW :**

**This month the Birthdays will be celebrated on Friday, November 14th at 12:30 p. m.** Phyllis Armiger, Marie Balderson, Wanda Barchi, Louise Bareford, George Belt, Louise Beres, Barbara Bohl, Betty Bowman, James Brooks, Mary Ellen Brooks, Ernest T. Brown, Mary Brown, Francis Bruce, William Brunk, Marita Carroll, Diane Cerone, Margaret Church, John Clark, Gertrude Clifford, Margaruite Comegys, Olga Connell, Anna Marie Darlington-Gilmour, Eva Dominick, June Donaldson, Sarah Driscoll, Ellen Edwards, Yvonne Ennis, Eleanor Faithorn, C. Fay Farrell, Doris Ferenczi, Alice Ford, Barbara Ganoczy, Valeria Graham, Doris Grollman, James Gross, Colleen Hann, Jacquelin Hildebrand, Adrienne Hirtle, Phyllis Hogan, Ray Hook, Lindsay Huppman, Mary Ellen Isaac, Terrence Jackson, Sara Keller, William Kidwell, Roberta Legum, Loretta Lewis, Cynthia Lieck, Jack Maison, Arthur Marthens, Diana Mathis, Mary McDonald, Betty Meade, Grace Meo, Jane Moore, Jay Musterman, Marjorie Poston, Ruth Potter, Naomi Reed, Madelyn Reshetiloff, Phyllis Rester, Sharon Sears, Vera Sellers, Grace Simmons, Samuel Singletary, Catherine Smith, Sarah Stephens, Edith Stigall, Mel Trapanotto, Ona Truax, Minti Turner, Jenieve Walker, Margaret Wallach, Estella Ward, Nancy Williams and Gordon Wood.



### **PLEASE NOTE.....Coming in December!!**

**Medicare Beneficiaries and Managed Care Plans.** Medicare beneficiaries will once again have the option of joining a managed care plan to serve their health care needs in 2004. Learn about benefits available with Kaiser Permanente Medicare Plus or Aetna Golden Choice, at the **Annapolis Senior Center, on Monday, December 15th at 12:45 pm.** Representatives of these two plans will be available to talk to you about their benefits and help you make an informed choice about cov-

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## Coming in December

Tree Trimming.....Monday, December 1st  
Holiday Bazaar.....Friday, December 5th.....See Page 5!  
Holiday Luncheon.....Friday, December 12th.....See Page 5!  
Tri-Celebration.....Wednesday, December 17th....See Page 8!  
New Year Party.....Wednesday, December 31st



### COMMUNITY HEALTH SCREENING...THURSDAY, DECEMBER 18TH, 9:00-3:00

Lifeline Screening offers this preventive program which includes scanning for carotid artery blockage, arteries in the legs and a test for aneurysms in the aortic vessel in the abdomen. A Bone Density screening for women to test for Osteoporosis will also be offered. The cost is \$35 for the Osteoporosis test and \$45 for each Vascular test. **Pre-registration is a must. Call 1/800-407-4557 for your appointment or for further information.**

### MEDICARE/MANAGED CARE PRESENTATION

MONDAY, DECEMBER 15TH, 12:45 PM.....See Page 6 for details of this program!

### 'SCENTS FOR THE HOLIDAYS' - An Aromatherapy Seminar with Ellen DeCaro FRIDAY, DECEMBER 19TH, 1:00 PM.

You will be taken on a sensory journey of sweet memories. Under the direction of Ellen DeCaro everyone can look forward to the holiday season, and you will have the opportunity to make one or two crafts. **There is a \$5 supply fee for each craft. Registration is required.**

**CAREGIVER SUPPORT GROUP.....**Every caregiver faces challenges both unique to their own situation and universal to everyone else who is caring for a loved one. The difficulties associated with Caregiving may not be fully understood or appreciated by those who have not experienced it for themselves.

Support Groups allow people who share common issues the opportunity to learn, feel validated, and comfort one another.

Come and enjoy the Caregiver Support Group starting November 4, 2003 beginning at 1:00 pm at the Eastport United Methodist Church, sponsored by the Anne Arundel County Department of Aging's National Family Caregiver Support Program. If you are providing care for a loved one, and feel isolated, frustrated, or overwhelmed, a support group could be beneficial to you. **For additional information, call the Department of Aging at 410-222-4464.**

# CHRISTMAS                      KWANZAA HANUKKAH

Wednesday, December 17th

11:00—1:00

Join us as we celebrate and learn more about these special occasions. There'll be food, music & lots of fun!



Christmas commemorates the Birth of Jesus.

Christmas trees are decorated with lights and ornaments and gifts are placed at the foot of the tree.



The most important Hanukkah ritual is the lighting of the Menorah candles.



The letters on the four-sided Dreidel stand for 'a great miracle happened there'.

Family



is the focus of Kwanzaa.



The Kinara and Mishumaa saba (candle holder & seven candles) reflect the seven principles of Kwanzaa. Ears of corn signify the fruit of the harvest.

The cost for this event is \$5

Look out for more information on these three important celebrations on December 17th!

# NOVEMBER 2003 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Those under 60 must pay the \$3.45 cost of the meal. Those 60+ please contribute as much as you can towards the meal. At the very least, reservations must be made by 10 a.m. the day before you want your meal. Please call 410-222-1003. Hours: 9:45 a.m.—1:15 p.m.</p>			
3 Orange Juice Sweet & Sour Pork Parslied Rice Turnip Greens Wheat Bread Tapioca Pudding	4 Cabbage Soup Tuna Salad Lettuce/Tomato Carrot Raisin Salad Kaiser Roll Pound Cake	5 Tossed Salad Crancelery Salad Turkey ala King Noodles Corn Bread Tangerine	6 Cinnamon Apples Pork Chop/Gravy Stuffing Broccoli Pumpernickel Bread Red Gelatin Dessert	7 Dixie Slaw Meatloaf/Gravy Mashed Potatoes Stewed Tomatoes Vienna Bread Fruit Cocktail
10 Sunshine Salad Stuffed Pepper Green Beans Wheat Roll Tangerine	11 <b>CLOSED</b> <b>VETERAN'S DAY</b>	12 Blended Juice Meatball Sub w/Italian Sauce Italian Blend Mini Sub Roll Lemon Cake	13 Tossed Salad Chicken Diablo Parslied Shells Peas Dinner Roll Choc Chip Cookie	14 Lime Gelatin Chicken Stew Corn Bread Apple
17 Apple Sauce Knockwurst Baked Beans Sunny Slaw Frankfurter Roll Marble Cake	18 Pineapple Orange Compote Hamburger Patty Potato Salad Spinach Sandwich Bun Choc. Chip Cookies	19 Sunshine Salad Chicken Oregano Rotini Pasta Peas Dinner Roll Purple Plums	20 Cole Slaw Baked Fish Lemon Sauce Mac & Cheese Stewed Tomatoes Corn Bread Chocolate Pudding	21 Tossed Salad Roast Beef/Gravy Red Bliss Potatoes Dilled Carrots White Bread Lemon Pudding
24 Lime Gelatin Turkey Stew Corn Bread Tangerine	25 Minestrone BBQ Pork Ribette Corn Cobette Coleslaw Sandwich Roll Apple	26 Citrus Fruit Cup Stuffed Chicken/ Gravy Mashed Sweet Potato Peas & Pearl Onions Dinner Roll Carrot Cake Cranberry Sauce	27 <b>CLOSED</b> <b>THANKSGIVING DAY</b> 	28 <b>CLOSED</b> <b>THANKSGIVING HOLIDAY</b>

<b>Ed Casey</b>	<b>Center Director</b>
<b>Jo Morris</b>	<b>Assistant Director</b>
<b>Robyn Prehn</b>	<b>Receptionist</b>
<b>Helen Timeus</b>	<b>Nutrition Site Manager</b>
<b>James Bias</b>	<b>Transportation Van Driver</b>
<b>Robert Howard</b>	<b>Transportation Van Driver</b>
<b>Reuben Bowman</b>	<b>Custodial Services</b>
<b>E-Mail Address</b>	<b>annapoliscenter@aacounty.org</b>
<b>Center Phone</b>	<b>410-222-1818</b>
<b>Fax</b>	<b>410-222-1216</b>
<b>Nutrition</b>	<b>410-222-1003</b>
<b>Dept. of Aging</b>	<b>410-222-4464</b>
<b>Transportation</b>	<b>410-222-4826</b>
<b>Meals on Wheels</b>	<b>410-431-5257</b>
<b>Officer Joe Hatcher</b>	<b>410-222-0080 (Police Liaison)</b>

### **Attracting AVID Seniors of Anne Arundel County**

- You're pretty darn sharp and proud of it!
- Not a day goes by that you aren't grateful for your education.
- Everyone says you'd be an easy winner on Jeopardy.
- You wish you could share some of your best stuff with a kid.

Yes? Then you might want to give RSVP a call. RSVP is excited to participate in this exciting new program in our county schools.

AVID: Advancement by Individual Achievement, is new this year in all Anne Arundel sixth and ninth grades. A proven success-maker in school systems all over the United States, the AVID concept draws kids, teachers, parents, and volunteer tutors into a single team. Their shared goal is to transform kids-in-the-middle into competent college-bound students.

RSVP has already referred a dozen volunteers to AVID. Volunteer tutors commit to an hour or more, one or two days a week. They attend the AVID class (a regular part of the daily schedule) then adjourn to a break-out session with a group of two or three students.

AVID tutors do not have to know everything! They are trained instead to help kids rely on their own best resources - their own thinking, their textbooks, brainstorming with friends, their parents, their teachers.

AVID tutors will depend on one important skill: Listening! And asking open-end questions. An exciting half day of training is provided, and placement is immediate. Schools all over the county are clamoring for RSVP AVID tutors.

For more information: RSVP, Dianne Turpin. 410-222-4464

Products and services advertised in this publication are not endorsed or guaranteed by the Annapolis Senior Center, the Anne Arundel County Department of Aging, Friends of Arundel Seniors (FOAS) or FATA, Inc.